

# How can I get up from the floor at home?

1

Turn onto your back



2

Roll onto your side



3

Push onto your hands



4

Push up onto your hands and knees



5

Kneel, using stable furniture to **STEADY** yourself



6

Place your strongest leg forward



7

Stand up



8

Turn **SLOWLY**



9

Sit down. **REST.**  
**TELL** somebody you have fallen



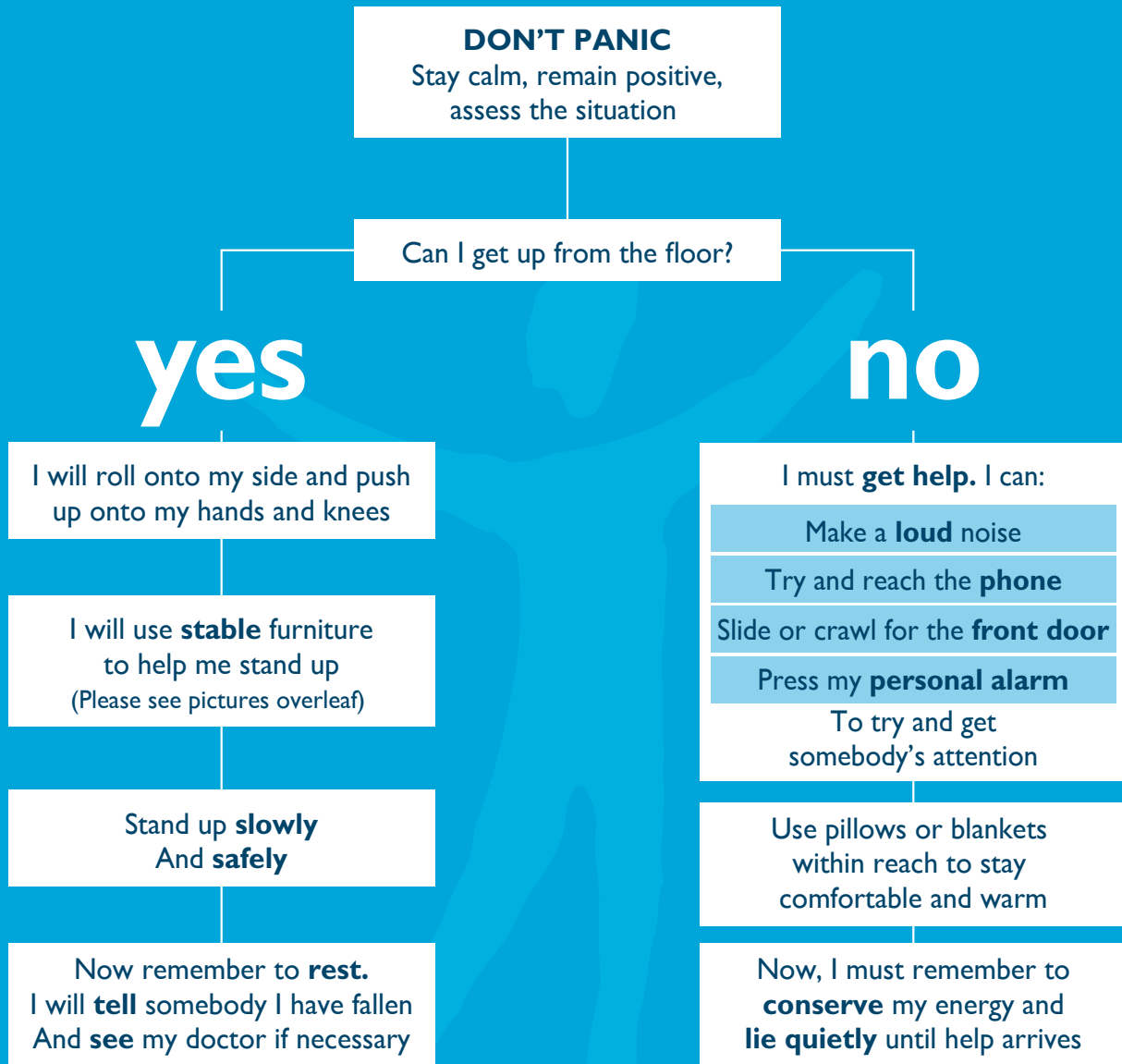
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# My Fall Action Plan

## What should I do if I fall at home?



Do not practice this unattended, speak to your Doctor or Physiotherapist.



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Adapted from What Should I do if I Fall at Home Flowchart (2004).  
Stepping Out: Passport to Falls Prevention Project. North Metropolitan Health Service.

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